

## ABSTRACT OF THE DISCLOSURE

5 A quick-release fastener for releasably attaching the head to the shaft of a lacrosse stick includes a fastener body and a tension pin, affixed to and extending through the fastener body, the tension pin including a compression spring and one or more end caps, the end caps protruding from one end, or two opposite ends, of the fastener body, and the tension pin being arranged such that when the end caps of the tension pin are compressed against the spring, the end caps are recessed into the fastener body.